The Lions' Pride

SAINT LEO UNIVERSITY • FRIDAY, SEPTEMBER 2, 2016 • VOLUME LVI NO. 2 • SINCE 1965

Looking Ahead with Lennox

By Cassidy Whitaker
Editorials Editor

Photo by Emily Kochanski

Dr. Lennox answered all questions clearly, honestly, and with great enthusiasm.

For Dr. William J. Lennox, "kicking the tires" was the strategy he used for transitioning into the highest leadership role at Saint Leo University: President. He said he felt that this method of approach was best for understanding and familiarizing himself with the University's organizational structure and that, overall, it was a great first year.

Lennox served on the University's board for seven years before taking over. He compared the transition from the board to the presidency to moving down from a 60,000-foot level to the ground floor.

"What I found was that Saint Leo is just like a small business that took off; and Art Kirk did a fabulous job at that for 18 years," said Lennox. He believes that although the University's success virtually exploded, some areas of the system have been deteriorating in recent years and those areas were his focus for his first year as President.

Because the military has been downsizing, the University has been losing customers that make up its veterans and military program. Additionally, due to many community colleges in Florida recently beginning to offer 4-year degree programs, it was clear that Saint Leo University had more competitors than it ever had. These were some of the initial areas that were tackled during his first year and the University is continuing to work on them today. "If you're not really watching what's going on out there and you're not responding to it, you're not changing by working with the environment and you're not going to grow," said Lennox.

According to Lennox, the University's off-campus centers and the online center were "stove piped," so another thing he had to work on last year was breaking those down and combining their production under one person. This person is Dr. Melanie Storms, Vice President of Saint Leo University Worldwide. The off-campus centers virtually didn't have any sort of marketing or the adequate software that the online center had. Now, the two are combined so the off-campus centers can use the call centers that online has as well as its software and the University took on more marketing. Saint Leo ads are seen all over the country now. "We used one to help the other, and now they are working complementary. This will make a big difference in the long run," said Lennox.

The greatest challenge Lennox faced last year was the angst inside of the organization during his transitional period. The University's structural change made the staff and faculty weary due to the unknown of what was going to happen and the nervousness from the possibility of having to work with new people in different areas. "We had to let some people go, not because they were doing a bad job, but because their jobs really didn't add to the mission anymore. Anytime you do that there's a lot of angst because they worry about their jobs," said Lennox.

"According to our values system, stewardship said that we had to make those changes, but on the other hand, we also had to respect them since they were part of our community," said Lennox. Since the changes were made, he believes that the angst has somewhat healed and the University is now focusing on the future by hiring new people in different areas that need growth. He compared Saint Leo University to a small business by explaining that any time a small business takes off with explosive growth, it has to change and become more sophisticated at a certain point by responding to the new environment or else it doesn't continue to grow. Lennox stated that this comparison is how he has been attempting to continue to heal the angst.

The main plan in place for this school year is finishing what was started last year. "We've got to finish what we started," said Lennox. A new organization was established over the summer that changed what the University VPs were responsible for by trying to align them with Saint Leo's business organization. Additionally, the University is going to continue to work on breaking down the silos between the off-campus centers and the online center. Marketing and enrollment is now under new leadership that will be responsible for "selling" Saint Leo and getting students enrolled in a cause and effect fashion.

Over the summer, an incoming freshman reached out to The Lions' Pride newspaper inquiring about an old article regarding the LGBTQ+ community and presence on Saint Leo's campus. This piqued interest in the question of whether or not the University has any plans to establish any sort of recognized and organized club or support group for the LGBTQ+ community on campus. Additionally, the staff members that received the email were curious if the University would approve the establishment of such a club or group.

"The way I look at it, we have six values here and they're all derived from the Benedictine values system. Among them are two very important ones, and those are community and respect. Every student and every staff and faculty member is a representative of community and respect," said Lennox. He felt that a great example and representation of those values was witnessing hundreds of students helping the freshman on their move in day.

"When I talked to the students, the two things they said they value most at Saint Leo are the faculty and the closeness with the faculty, but also the values system here; and I think that's what I'd talk to her [the student who inquired about the LGBTQ+ community] about; that we value every single student here. And with the value of community, we're here to help each other and I think that's critically important. If we're not valuing the people, especially since this is a very diverse group, we're not that Catholic institution that we say we are,"

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Campus News

Making a Mess at the Back to School Bash

By Michayne Stoney
Contributing Writer

Back to school is always a time filled with much happiness, anxiety, and hope. The transition from a long, school free summer may seem daunting, but the excitement of being reunited with friends is always an amazing feeling. Each year, Saint Leo University's Campus Activities Board welcomes its students hosting a Back to School Bash, where students are given an opportunity to eat, socialize, and dance, while they are drenched in multi-colored neon paints.

On Aug. 26 at 8pm, the Student Community Center came to life as the Back to School Bash commenced. Though it was initially rainy, students were eager to take part in the evening of fun. They were especially excited about their white T-shirts, and the tasty food which was being offered for no charge.

Rebecca Hugh, a sophomore double majoring in Marketing and Multimedia Management was enthusiastic about attending her first paint party. "After a very rough first week of school, and working hard not to fall behind on reading, this was exactly what I needed on a Friday night. My friends and I definitely had fun, and this was an excellent way for me to destress," said Hugh.

Laurian Simpson, who is a freshman majoring in Biomedical and Health Sciences shared a similar perspective: "I am really glad I came, and I am so happy that it stopped raining. I was worried the event would be cancelled due to the rain, but that did not happen and that's all that matters. This paint party allowed me and my roommate to come out of our rooms, and meet new people and have fun after such a long week of school."

Overall, The Campus Activities Board did an excellent job of ensuring that the annual Back to School Bash was a success. The students seemed to enjoy the event, and the atmosphere was filled with happiness, and the air filled with cheers and laughter.

Photo by Michayne Stoney

Even our gracious servers were dancing and having a blast!

Students are encouraged to follow Campus Activities Board on social media to get alerts about similar activities happening on campus:

Facebook: @CABSLU

Twitter: @Saintleo_Cab

Instagram: @SLU_CAB

Snapchat: SLU_CAB

Photo by Michayne Stoney

Overjoyed students happily partied with their friends after the rain finally stopped and the bash went underway.

Photo by Michayne Stoney

The Pretzels were absolutely delicious. They came in a variety of flavors and they definitely hit the spot!

Campus News

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said Lennox.

Regarding whether or not an official LGBTQ+ club or group would be approved, Lennox said that the University would "… take a look at it as we do with all the clubs that come in." He said that the University would have to make sure that it was within the guidelines of the University as a whole, as they do with each club that puts in a request. The charter would have to be examined to ensure that it is in consonance with Saint Leo's mission, according to Lennox.

Over the summer, there was some confusion about the work-study and non-work-study budgets for this school year. It was rumored that only work-study jobs would be offered to students and non work-study positions would not be offered this school year. Additionally, some heard that a new type of work-study called "preferential" would be implemented. Lennox informed that there was a memo that went out that was mistaken, which is what sparked the confusion and subsequent rumors. The memo was retracted but many rumors floated anyways.

According to Lennox, the University has not cut back in the institutional budget (the non-work-study budget); the University is continuing to try to maintain both simultaneously. Dr. Lennox advised the VPs to be cautious with the use of the federal work-study, but to offer it as much as possible and to not spend as much of the institutional money if they don't have to. As soon as the federal work-study runs out, it's Saint Leo money that is offered to students and Lennox believes that is what some of the departments were confused about. Lenox said that they're more conscious and aware of the reasoning behind the money's distribution now.

Regarding "preferential" work-study positions, Lennox that this refers to the certain jobs on campus that require specific skill, such as the tutors. These positions are likely going to pay slightly more than some of the other jobs, but there will be both federal and the institutional work-study offered, according to Lennox.

Due to the prevalence of gun violence in the U.S., the board has been paying extra attention to security in recent years. According to Lennox, a study was done on the off campus centers to evaluate the security and learn what they need to be as prepared as possible. A concern found was that the centers frequently have night classes, so the board wants to remain positive that the students going to and leaving night classes are safe. The University has dedicated approximately $150,000 dollars to improving security at the centers.

Additionally, the University has hired a university safety and security officer, Cyrus Brown. He is a chief Florida state patrolman who has covered territory from Orlando to Pensacola. Brown has experience in creating and implementing emergency action plans and will be responsible for all things security related at the main campus as well as at the off campus centers.

Over the summer, the local sheriff's department held training sessions on campus for the faculty and staff. Lennox wanted the local police force to be familiar with the campus in case something did ever happen. Additionally, the faculty and staff will be required to attend mandatory training once a year and take a security class. The University has also and will continue to bring in outside speakers regarding security.

Lennox explained that the issue with most colleges and universities is that you can't check every car that comes on to the campus. He advised, however, that what can be done is preparing for the reaction to an attack. The University is focusing on the reaction itself and how quickly the reaction occurs. The University has ensured that the local police in Saint Leo and San Antonio can respond quickly in the event of an attack. Lennox also said that they're considering arming some of the campus security officers in order to be available quickly if need be. "We'd be as prepared as we could be [if an attack were to occur]. Again, a lot of it is just reaction and how quickly the reaction to the incident is, so that's what we're concentrating on right now," said Lennox.

According to Lennox, the University hired a new Director of Veteran Student Services, retired Colonel Pamela Martis. She was already very active with the University's veterans by helping them with their education. "There are a lot of things that veterans have to know that regular students don't, and they already know some of the things that we have to teach the incoming freshmen. They have a lot of experiences that a lot of the students haven't had," said Lennox. He explained how they have to understand their GI Bill, the importance of going to class, how to save money, opportunities to get help, and Martis can help them with all of that. She will focus on student veterans and their needs, specifically.

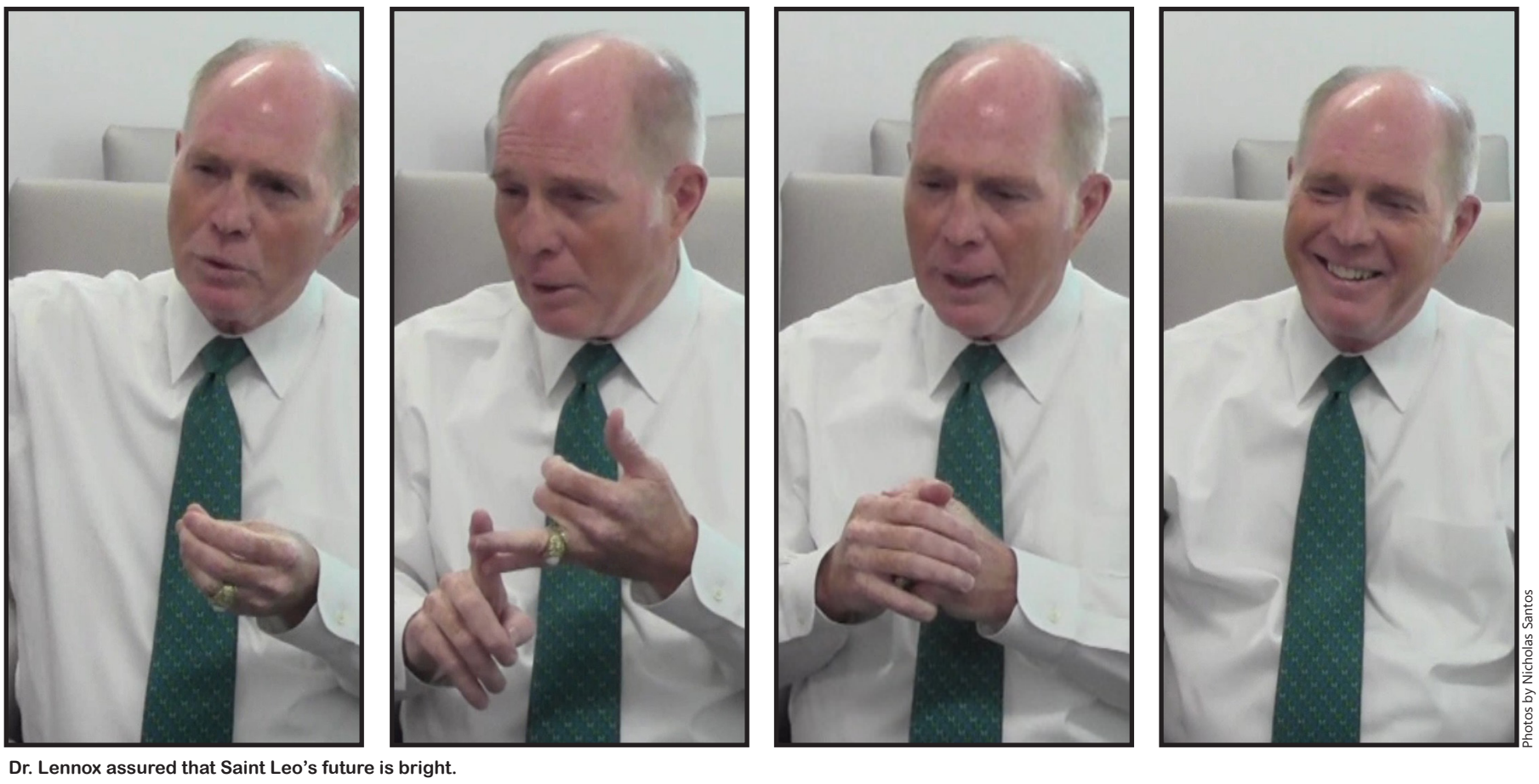
An alumnus of Saint Leo, Father Kyle Smith, has also joined the campus community in ministry. The University also took on a new VP for Marketing as well as a new CIO. "Each of them are going to be bringing in a little bit more sophistication to the staff so we can continue moving where we have to move," said Lennox. The new sales force will recruit students both for Worldwide and main campus.

The new CIO will be working in UTS dealing with any technological problem that may occur such as laptop or Internet access issues. The goal is to be as proactive as possible with helping students with technology problems. "We made a 10-15 million dollar investment into our IT infrastructure, bringing in a new platform for our classrooms (D2L, the new version of Learning Studio). This new system will allow everyone on campus to be on the same system," said Lennox.

D2L is designed to personalize learning by allowing for teachers to more proactively guide students. Lennox also said that the University is working on acquiring a data warehouse where all of the University's information can be consolidated into one place so that it can be drawn out when need be to do specific analyses.

One of the most prevalent concerns for students in today's day and age is student debt. Candidates in the current presidential election such as Hillary Clinton and Bernie Sanders have brought this issue to light throughout the past year by calling for free undergraduate education. "I think the older you get, the more you learn that there's nothing free in this world," said Lennox regarding this issue.

"You may have a free education now, but somebody's going to pay for it and it's probably going to be you when you get older and have to pay down that debt. I worry about that," said Lennox. He explained that he believes that the U.S. has a great university and



Photos by Nicholas Santos

Dr. Lennox assured that Saint Leo's future is bright.

Campus News

college system, but it has to be handled carefully because it's a fragile institution. He said that he worries about the government's involvement because if free education is offered at state universities and community colleges, his concern is what that will mean for Saint Leo.

"We're left out at that point. If you're not careful, you may grow the state colleges and universities so much that you would lose all of those private colleges that contribute so much all the time; and frequently, those are the ones that educate the most needy. If the government gets involved, can they make regulations on what and how you teach? There are a lot of big questions that have to be considered as you go into a proposal like that," said Lennox.

Dr. Lennox said that advice he would give to the new freshman class is to graduate in 4 years and to save money. "That's the best stewardship they can practice at Saint Leo," stated Lennox. He added that he also stressed to take advantage of the new student success coaches on campus. "The whole concept is, as you get into trouble, raise your hand. Get the help you need when you need it, don't just let it linger," said Lennox.

According to Lennox, the University is currently working on putting two plans in place for the freshmen: an academic plan and a payment plan. The academic plan will have the freshmen consider their 4 years and how they're going to take their courses in order to graduate on time. The payment plan will have them consider how they're going to pay for their schooling. Will they work over summer? Will they take classes over the summer to try to graduate early? Will they do both? The financial plan will encourage the freshmen to consider all of their options. The goal is for the freshman to come up with these two plans during their first semester so they have a good idea of what they need to do.

Lennox added that when he spoke with the new freshman, he also talked to them about how difficult the first semester is. He said that he explained to them how it's tough being away from home and loved ones, when you don't know your roommate, and when you have to study maybe more than you did in high school now. "It's probably the toughest semester, but bear with it," said Lennox. He also stressed to them the importance of getting involved in one of the 70 different clubs and teams on campus.

Dr. Lennox explained that he's looking forward to this year and that he missed the students while they were gone over the summer. "There's more energy when the students are back," said Lennox. In his first year, he especially enjoyed many of the first year experience activities, the plays such as "9 to 5," the Christmas tree lighting ceremony, and the sporting events where Saint Leo won at the last minute.

"I think the beauty of Saint Leo is the strong mission, the values set that we have, the great staff and faculty that take care of our students, and the whole teaching focus that we have that makes such a difference. I think that's really the selling point for Saint Leo. Our vales system that's so important in developing mind, body, and spirit," said Lennox.

Dr. Lennox said he enjoyed watching the returning students help the new freshmen move into their dorms.

Pictures by Ivanna Villalba

Dr. Lennox continues to work hard in bringing the Saint Leo community together and making university life as smooth and easy for students as possible.

Video as well as further questions and answers between Dr. Lennox and Editorials Editor Cassidy Whitaker can be found on-line at www.prideonlinedotnet.wordpress.com.

Photos by Emily Kochanski

Dr. Lennox explained the reasoning behind many of the changes made within the university throughout his first year as president.

Arts & Entertainment

Something Strange In Indiana

By Allison Cobb
Distribution Manager

As of July 15th, Netflix has released their best original series yet. "Stranger Things," the 8 episode dramatic mystery, is catching fire. Set in the 1980s and rich with old movie references and unique filming techniques, "Stranger Things" follows the story of a small town in Indiana shaken by the disappearance of a young boy named Will. As his frantic mother, his three best friends, and a telekinetic girl named Eleven search for him, it becomes clear that something much darker is going on.

According to SymphonyAM, in the first two weeks of being released, over 8 million people have watched "Stranger Things," and as that number keeps rising, there's no question of this Netflix original doing incredibly well. With a 90% approval rating on Rotten Tomatoes, even the most critical viewers are loving it.

Netflix has been doing consistently well with their original series such as "Orange is The New Black," "Jessica Jones," "Daredevil," and "Narcos," getting similarly positive ratings.

"Stranger Things" has all the right elements for a good mystery show. Being set in the 1980s and encompassing that small-town-drama feel, "Stranger Things" has the perfect amount of nostalgia, horror, and suspense. The nostalgia part comes into play as we see tons of references to 1980s movies. This show feels like a mashup of tens of different directors. It's all stuff we've seen before, but never done quite this well.

The show splits the screen time between the adults and his best friends, and this gives "Stranger Things" one of their biggest assets. "Stranger Things" fleshes out all of the characters, even the ones who aren't the main focus. We see Chief Hopper's emotional anguish as he compares his search for Will to the loss of his own daughter. We see Nancy, a young teenager go through the woes of high school. We also see the downward spiral of Will's mother, Joyce, as she deals with the stress of her missing son, and is one of the first to realize that there may be something more to Will's disappearance. "Stranger Things" spent a good deal of time introducing us to these characters. This fleshing out of the characters makes it easy to care for them, easy to root for them, and easy to love them.

One of the most fascinating characters in "Stranger Things" would be the small, PTSD bearing, telekinetic girl named Eleven. Ripped from her family by the "bad men", Eleven escaped from a prison like environment where she underwent terrible tests, meant to exploit her powers. When she meets Mike and his friends, she's very timid, but quickly becomes attached to her new friends. With Eleven's powers, the kids find themselves both with more power than before and in more danger. Eleven finds comfort in the three children as they care for and hide her from evil government forces. In return, Eleven ends up being a huge help in finding their friend Will.

Picture from @nprmusic

As Lucas, Mike, Eleven and Dustin band together, they must overcome the conflict in their own group to face the real danger.

However, Will's disappearance isn't as simple as it seems. Bringing together mythical and horror elements, "Stranger Things" creates a terrifying reality for these children, Will, and the adults.

The three boys find that their missing best friend is trapped in The Upside Down. The Upside Down is a mirrored version of the real world, run by a terrifying monster. Ironically, The Upside Down looks similar to the video game series "Silent Hill." Everything looks like it's taken from something else, and while normally that may be a bad thing, "Stranger Things" executes it perfectly.

The monster that runs The Upside Down is elusive, but also visually and emotionally terrifying. For the first half of the show it's not clear where the monster is or how the monster works, and so this creates the suspense that most regular horror fans love. "Stranger Things" does a great job of giving this monster a presence. The audience feels that it's there, even when no one can see it.

Picture from @Stranger_Things

Hundreds of viewers have been creating fan art for the new show Stranger Things.

As the children band together with Will's mother and the police chief, they all must face this other dimension, the monster that runs it, and somehow save their beloved friend and son from its grip.

Many are calling this show an 80s throwback, but that's not what it is. This show brings you to the time period. It doesn't prey on the tropes of the 80s but actually feels like it belongs there.

The ending of "Stranger Things" leaves a lot of things open for a potential season two, and although viewers are hopeful, it has not been officially confirmed. In the mean-time, season one stands alone as an intriguing story that was wonderfully shot, filled with references for the older viewers, and is overall well done.

Picture from @Stranger_Things

Friendship is found even in the scariest of places.

Arts & Entertainment

Where to Go to Spend Your Money

By Nicole Alvarez
Layout Editor

With Saint Leo University surrounded by cows, horses, farms, and pastures, the closest shopping mall is 13 miles away with a few shops.

The major shopping malls are within Tampa Bay or close to it. Having a car or a friend with a car will be a necessity. However, Saint Leo does offer van rides every now and then to one of the shopping malls around the campus. Typically, the van rides will go to the Grove or the Shops at Wiregrass approximately 20 minutes south on I-75.

The Grove:

The first mall one would come across while heading south down I-75 is the Grove. This mall is an outdoor shopping plaza. The Cobb Theatre, which Saint Leo hosts many van rides to, is housed at the Grove. Other shops include Dick's Sporting Goods, Ulta, Best Buy, Pet Smart, and Michael's. The Grove is located on 6105 Wesley Grove Blvd, Wesley Chapel, FL. Its website is groveshopping.com.

The Shops at Wiregrass:

Heading just slightly further down I-75 and making a left at the overpass will take one to Wiregrass, a large outdoor shopping mall boasting several restaurants, clothing stores, shoe stores, and boutiques. Some restaurants are Moe's, Yamato Japanese Steak House and Grill, 900˚ Woodfired Pizza to name a few. The shopping mall also has a Macy's, Dillard's, JCPenny, Barnes & Noble, and Charlotte Russe. Also, every first Saturday of the month, the mall holds Fresh Market from 10 am until 2 pm in which local farmers and producers sell fruits and vegetables, meat, cheeses, clothes, and more. Wiregrass is located on 28211 Paseo Dr Ste 100, Wesley Chapel, FL and its website is theshopsatwiregrass.com.

Photo by mJ*lafilaca

Westfield Citrus Park mall is home to an indoor, two-story carousel that kids and adults of all ages can ride during the mall's operating hours.

Tampa Premium Outlets:

In the same area of The Shops at Wiregrass are the Tampa Premium Outlets along SR 56. Although this is another outdoor shopping mall, it does not have the same shops as Wiregrass. Instead, the Premium Outlets, located on 2300 Grand Cypress Dr, Lutz, FL, has shops such as Coach, Calvin Klein, Disney Outlet, Godiva, Haagen-Dazs, and more. There is a central cafeteria located in the middle of the shopping center, which makes up for the distinct lack of restaurants. The website houses more information about the Premium Outlets at premiumoutlets.com.

University Mall:

Located at 2200 E Fowler Ave, Tampa, FL, the University Mall is an indoor shopping center sporting shops such as Cinderella Bridal, Aeropostale Factory, Papaya, and many, many more. University Mall has more shops than the Tampa Premium Outlets and the Shops at Wiregrass combined. The mall has been on the decline in the past few years; however, the mall brings in a large number of customers day-to-day regardless. To see which shops it has visit universitymalltampa.com.

International Plaza and Bay Street:

The International mall is perhaps the most widely known mall as it is located right next to the international airport, at 2223 N West Shore Blvd, Tampa, FL. The mall has both an indoor and outdoor section, each area focusing on different things. The outdoor area has much of the restaurants and dining while the indoor area has the regular shops for clothes, shoes, and etc. To check out more about the mall simply look at its website shopinternationalplaza.com. The only downside to this mall is that some of the stores are a bit pricey and it is approximately an hour's drive away.

Other malls that are worth checking out are the Westshore Plaza, which is an entirely indoor mall like the University mall, and Westfield Citrus Park, which has an attached movie theatre and more.

Photo by John Llyod

The Shops at Wiregrass also hosts fun events such as car shows and during Christmas a light show, along with the monthly Fresh Market.

Photo by Matthew Paulson

Most of the International Plaza and Bay Street's customers are fliers who have just left the airport or are awaiting their next plane ride.

Sports

Cross Country is Getting Ready

By Rafal Matuszczak
Contributing Writer

After a very successful fall last year, both Men's and Women's Cross Country teams are about to face another season which might be one of their most remarkable since the time the program was established, as Saint Leo University will host Regional, and for the first time in the school's history, National Championships.

The fall of 2015 was the best season in the program's history. Both the Men and the Women were more successful than any of the University's cross country teams before them. The accomplishments include the Conference and Regional Championships on the Men's side and 2nd places in the same competitions on the Women's side. Also, both teams advanced to the NCAA National Championships.

Due to these facts it might be challenging for the Lions to repeat their success from last year. Nevertheless, both the teams have constantly been improving over the last couple of seasons, and to ensure that the team continues to develop, some changes have been made to the runners' as well as the staff's roster.

"After the success our program had last season, it will be very challenging to replicate [it]. However I believe that we will be able to replicate the conference championship on the men's side and regain the women's title. A more successful season would be finishing top 25 at NCAA's and 1st place finishes on both sides at regionals" said Kent Reiber, the head coach of both the Men's and Women's Cross Country teams.

Even though the upcoming season might be a little bit more challenging, it is already historical for both the runners and their fans, as after hosting Regional Championships last year, Saint Leo will host three cross country events this year including National Preview, Regional Championships, and National Championships, the last of which has never happened before. All of the races will be held at the Abbey golf course.

Because of the level of competition, the events will most likely gather significant numbers of competitors, as well as spectators, and in order to provide them with safety and pleasant experiences, preparing the environment will require good strategy and a lot of work. "The most challenging part of hosting three events this year will be getting enough help from volunteers. We would love for any students on campus who are interested in volunteering to reach out," said Reiber.

Although hosting nationals is a significant event, and it might make the runners excited about the season, if the Lions want to participate in the competition and perform their best, they have to get ready for it and qualify. However, it seems as if the coaches have already planned how to help the runners perform at their best.

"Preparation is always different every year, specifically in the training. Each year a runner's body adapts to training and in order to get better, we must modify our training to help change the physiological systems. This year we will be focusing on mental toughness specifically at the end of our training sessions. Furthermore, we will implement new race strategies this year which will help us perform better at elite/ championship competitions," said Reiber.

The practice strategy is not the only thing being altered, as the coaching staff has made some changes since last spring. Katie Henriksen, a former team captain at Division III cross country Wisconsin-La Crosse, joined the team this fall to become a graduate assistant coach.

"I think the transition was easier than I expected. I suspect it would have been harder had I become an assistant coach for the team that I ran on, but since it was a new team, I think that made the transition easier. I had previously been a captain at UW-La Crosse, so I was already used to a leadership role on a team, and I think assistant coaching just took it a step further. It also is easier since the team is small. Coach Reiber, and Coach Callahan were very helpful in training me as well, and continue to do so," said Henriksen.

Because the Lions were so successful last fall, not much has been planned in regards to the roster. Nevertheless, due to a large number of graduating students, the team, especially on the Men's side, lost many talented athletes including last year's Sunshine State Conference Champion, Valentin Lenz, and 2013 Sunshine State Conference Champion, Carl Dunne. However, the lost talents have been quickly replaced by just as promising freshmen as the coaches put their best effort in recruiting new runners over the last couple of months.

Photo from Wikimedia Commons

In the United States, a Cross Country team consists of seven runners who all run the same race at once.

"On the women's side we have an extremely competitive program. Thus we made very minimal roster changes. We've added a local talent from the Clearwater area who should make a direct impact on our performances. On the men's side we lost a tremendous amount of talent. We've added several top tier athletes who should not only make impacts at the conference level, but will also help us regionally and nationally," said Reiber.

The runners, as well as the coaches, believe that the Lions might achieve success again this year, but there is still some work to be done. "From what I saw at the time trial and the first couple workouts, it looks like the team has quite a range of fitness. The top runners, both the men's and women's side look very good! I think one main focus needs to be making the 1-5 and 1-7 gap smaller. A team with depth is something to strive for," said Henriksen.

Hopefully, the new dose of talent, the coaching experience of Coach Reiber and Coach Connor Callahan, as well as the leadership experience of Coach Henriksen will be a perfect combination to making this season memorable not only for the team but for the whole Saint Leo athletic program.

"I believe I can help the team to be successful by bringing my experience and knowledge of being a part of a championship program. UWL is one of the top programs in the Nation, and I'm used to being a part of that culture. I will hopefully be able to encourage and push the team to adopt that type of culture, in addition to training smart, and setting ambitious goals, not just for conference and regionals, but also for Nationals," said Henriksen.

The Lions start their campaign on Sept. 2nd at Fire Short Course Invitational, hosted by Southeastern University in Holloway Park, Lakeland Florida. The competition is one of the seven races in which the Lions will participate this season if they qualify for the National Championships. The most important competition for the Lions will not start until October.

The first event hosted by Saint Leo University will be the Saint Leo National Preview on October 8th which will gather all the teams that would like to take the chance and run on the course on which the National Championships will be held. Stay tuned to the Lions' Pride Newspaper as the season progresses, in order to receive all the new information about the Saint Leo Cross Country teams.